

Client's Treatment Companion

*Matrix Intensive Outpatient
Treatment for People With
Stimulant Use Disorders*



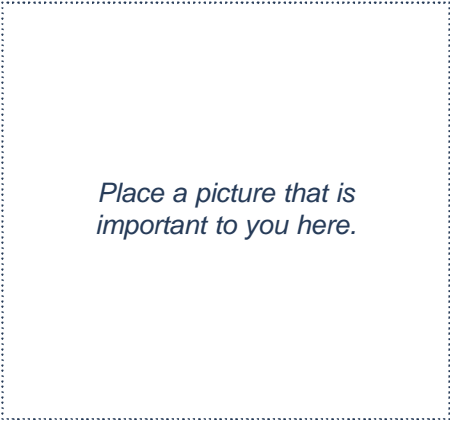
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
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This book is your private place to record ideas and reminders that will strengthen your recovery and help you stay abstinent. Some pages have inspirational sayings. Others suggest things to write about or include in this book (like the place to paste in a picture on page 2). You do not need to follow these suggestions. You should make this book personal by including those things that are most meaningful to you.

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*Place a picture that is
important to you here.*

Why is the picture you chose important to you?

[illegible]



Whom will you call when you feel your recovery may be in danger?

List the phone numbers of family members, friends, 12-Step programs, your counselor, your sponsor—anyone you can call for help.

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

Name:

Phone:

Name:

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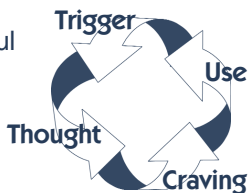
Name:

Phone:

Name:

Phone:

What are your most powerful triggers for substance use?



People to avoid: _____

Places to avoid: _____

Emotional triggers: _____

What thought-stopping techniques work for you?



List your top five reasons for remaining abstinent.

1

2

3



[illegible]

[illegible]

What are the “mooring lines” for your recovery?

[illegible]

[illegible]

[illegible]

[illegible]



List the top five ways you
relax and reduce stress.



1

2

3







4

5







What can you do today to strengthen your relationships? _____

What can you do in the next weeks? _____





List five new activities that have made your recovery stronger.

1


2

3



[illegible]

[illegible]



Which relapse justifications are you most susceptible to?

[illegible]

How can you reward yourself for keeping your recovery strong?

I have been clean and sober ____ day(s). My reward: _____

I have been clean and sober ____ day(s). My reward: _____



I have been clean and sober ____
day(s). My reward: _____

I have been clean and sober ____ day(s). My
reward: _____

Write about one way your recovery got stronger today.

[illegible]

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized cartoon illustration of a grey dumbbell with a curved bar and two weights. The dumbbell is surrounded by several short, radiating lines, suggesting motion or effort.



List the top five ways your life has improved since you stopped using substances.

1

2

3



You deserve the chance to heal
and live a happy, healthy life.

[illegible]

[illegible]

PLACE PROGRAM
STICKER HERE



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